FASCIA COMMUNICATION

A Modern way to understand Ancient Yogic Science to improve quality of science

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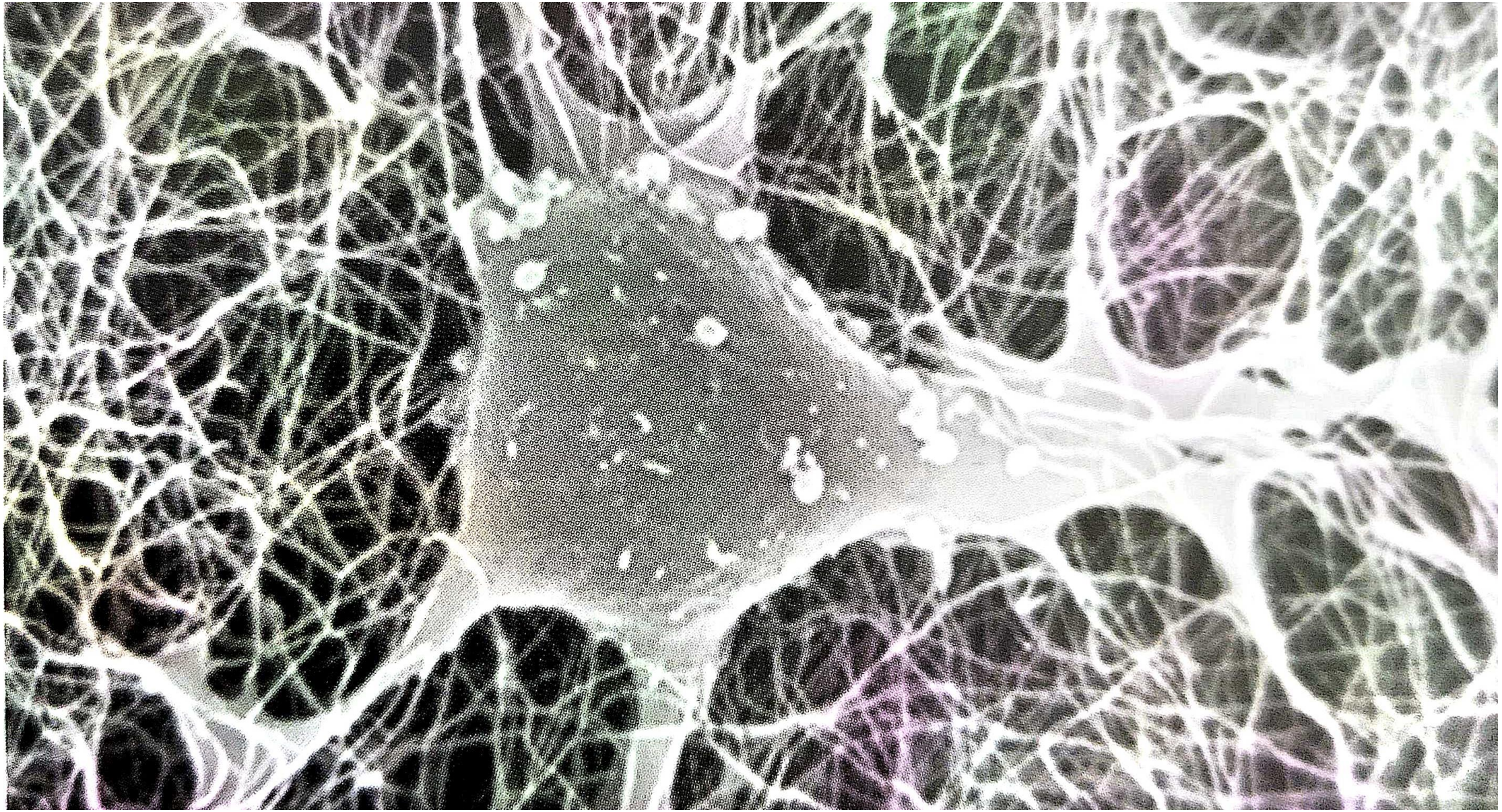
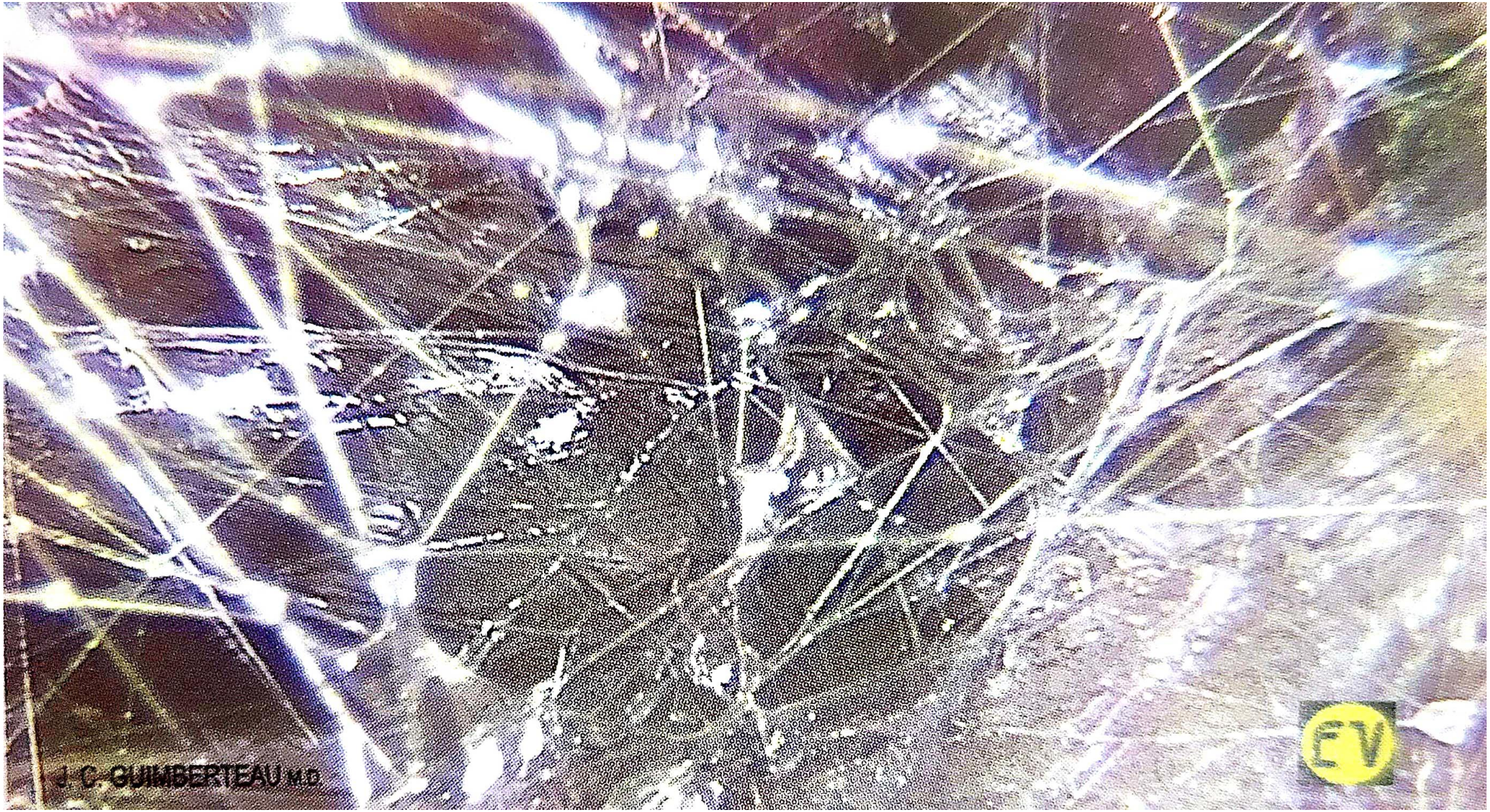
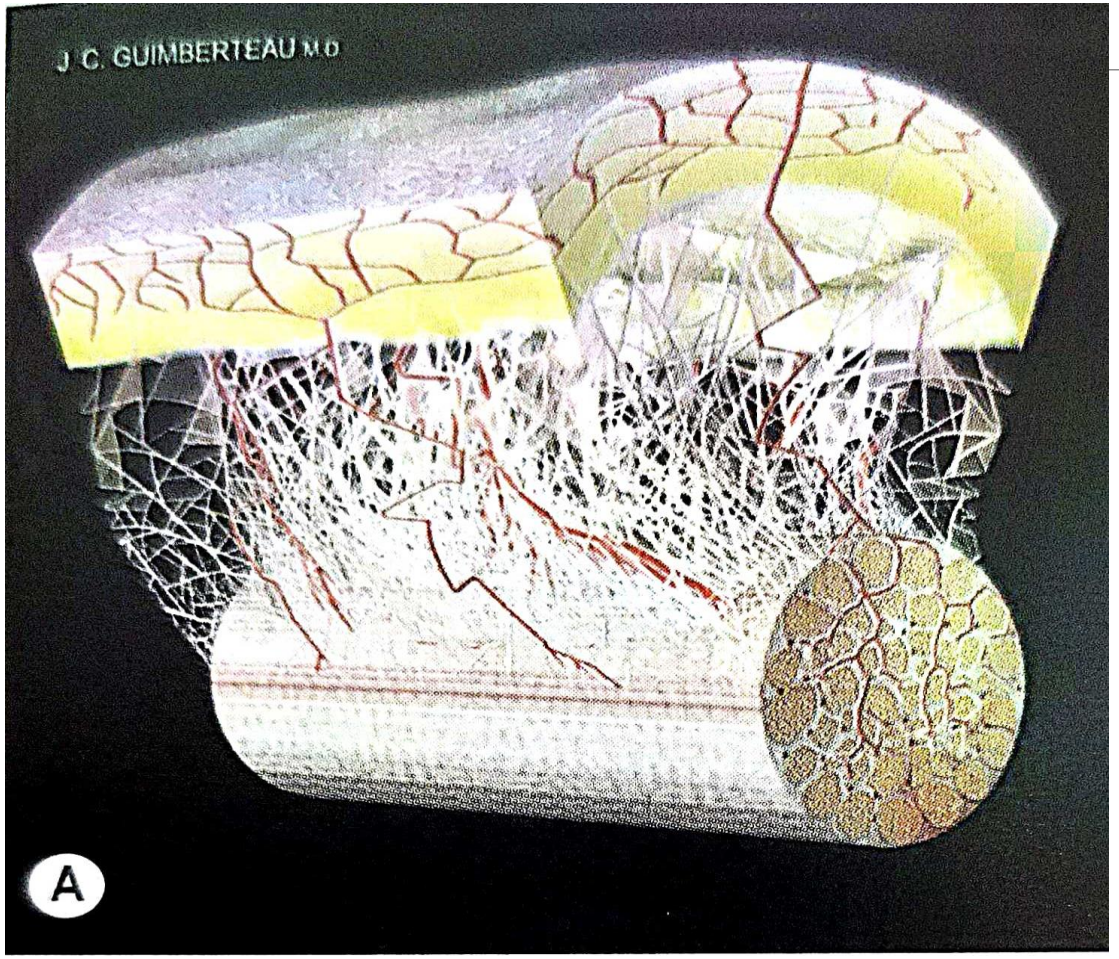



J. C. GUIMBERTEAU M.D.
EV


J. C. GUIMBERTEAU M.D
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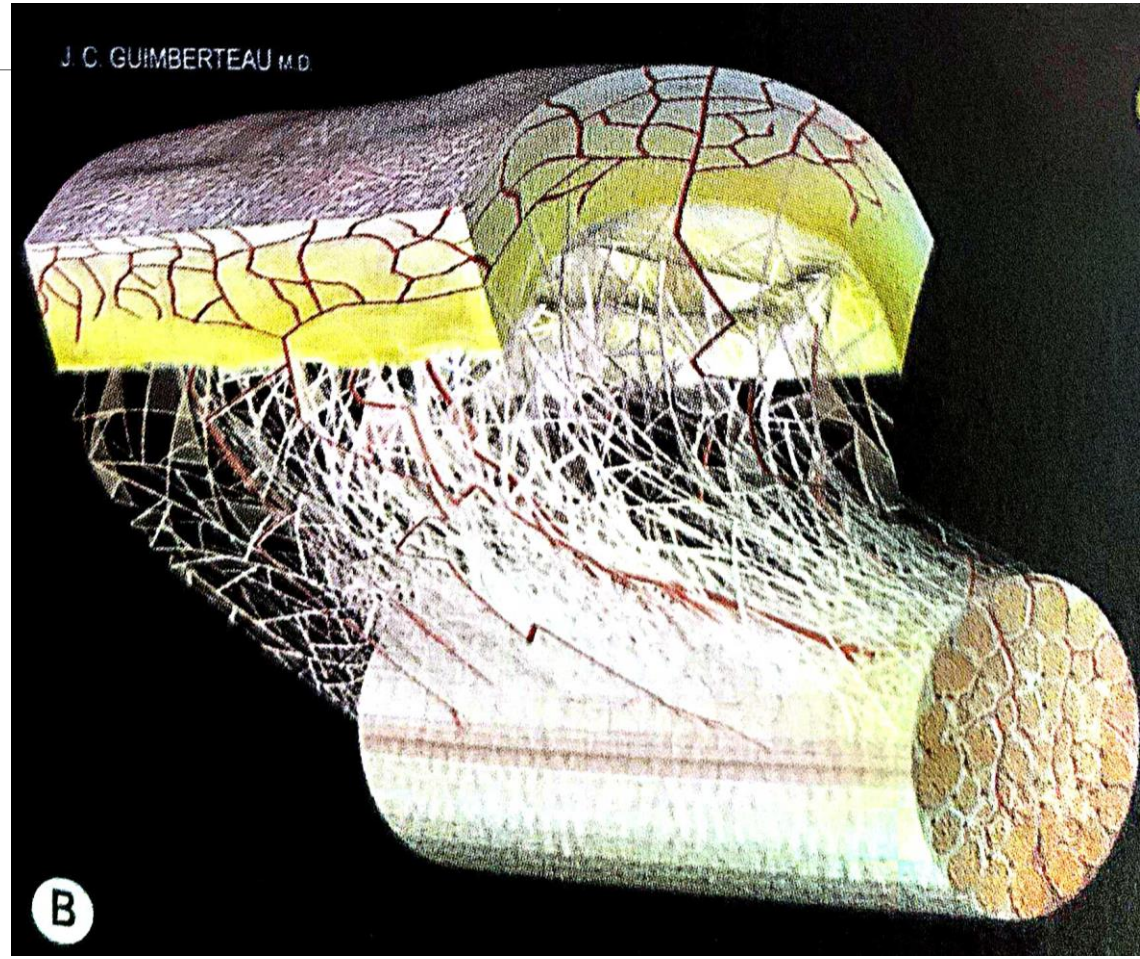
J. C. GUIMBERTEAU M.D
B

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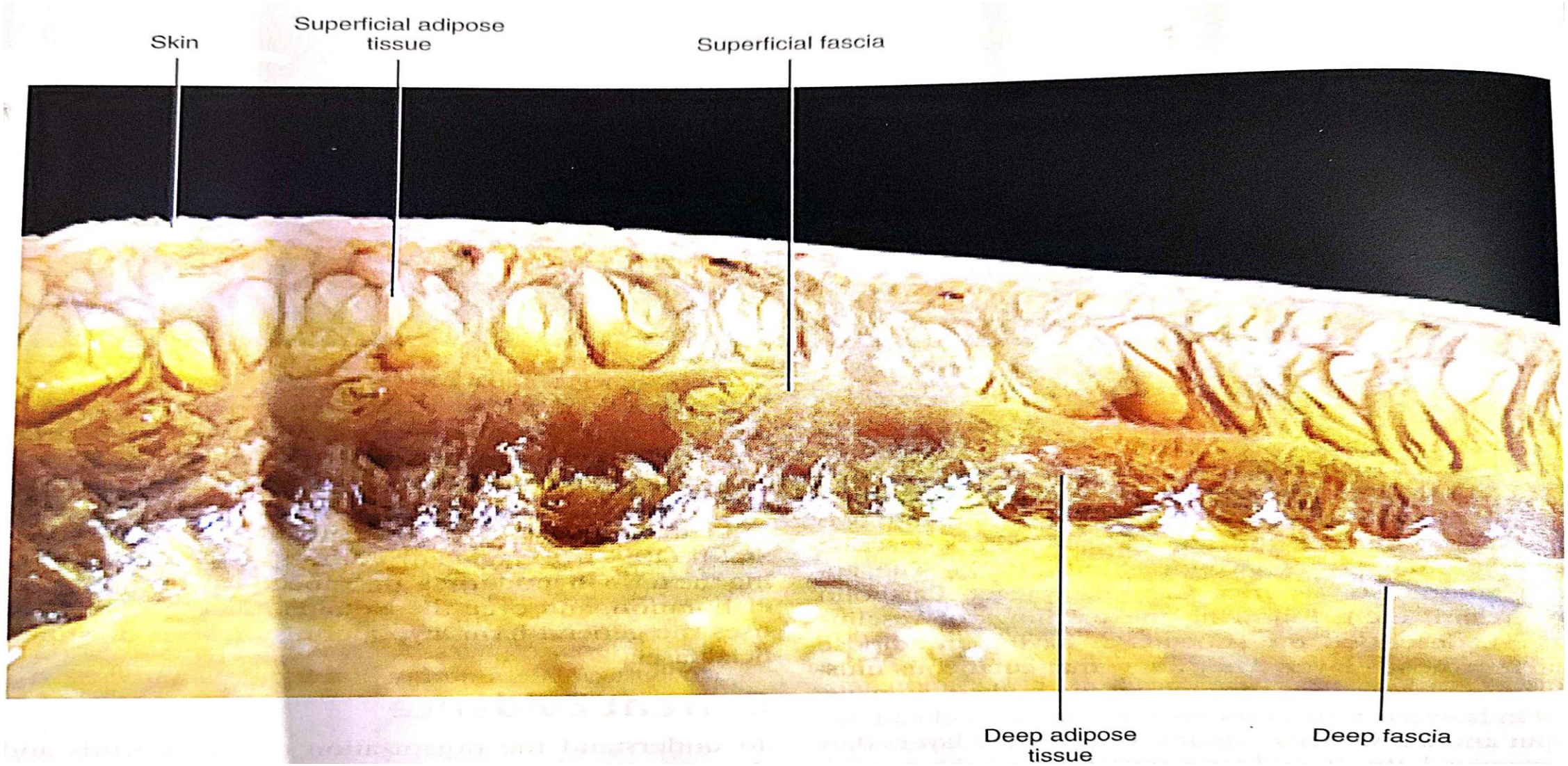
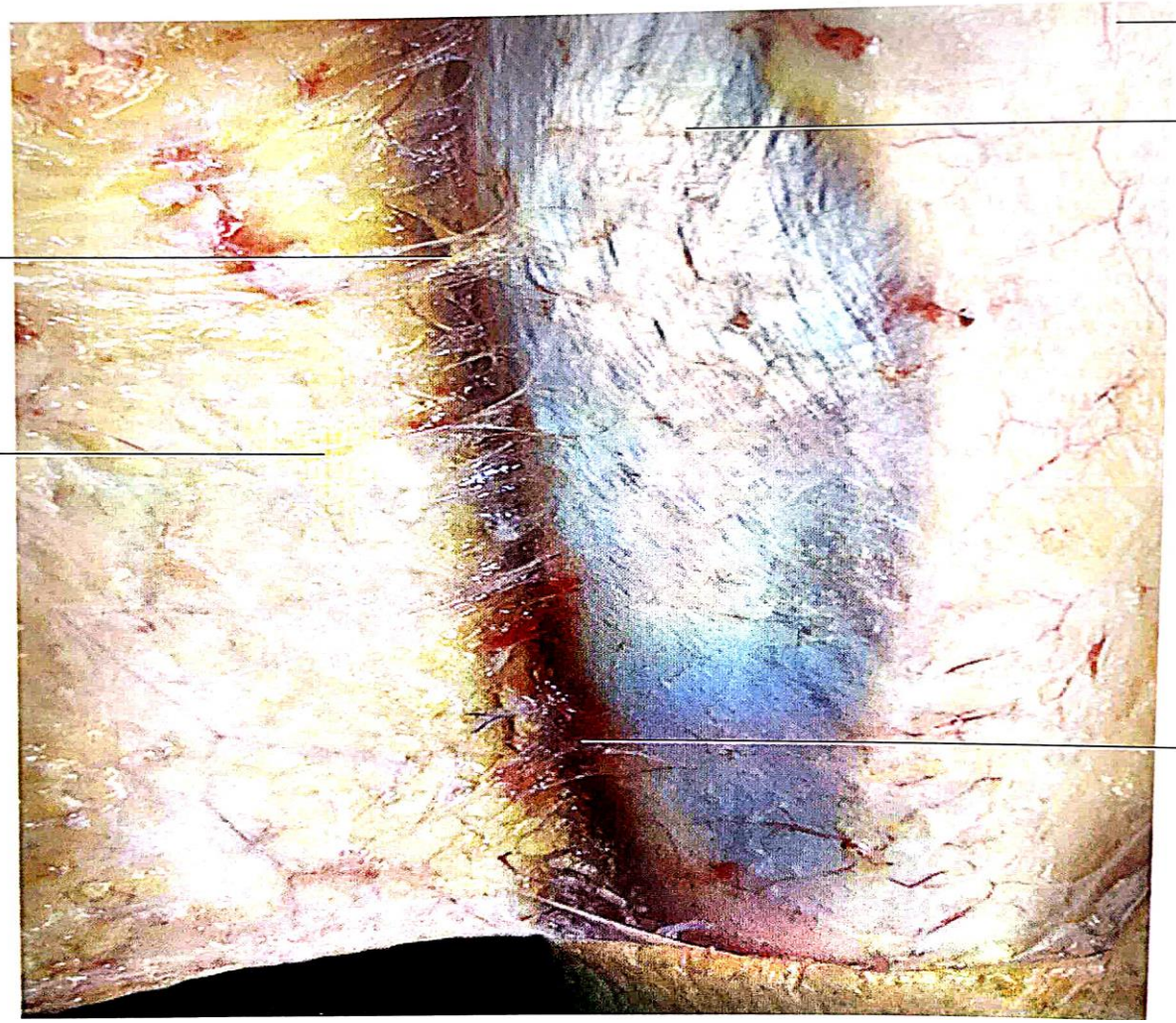
EV

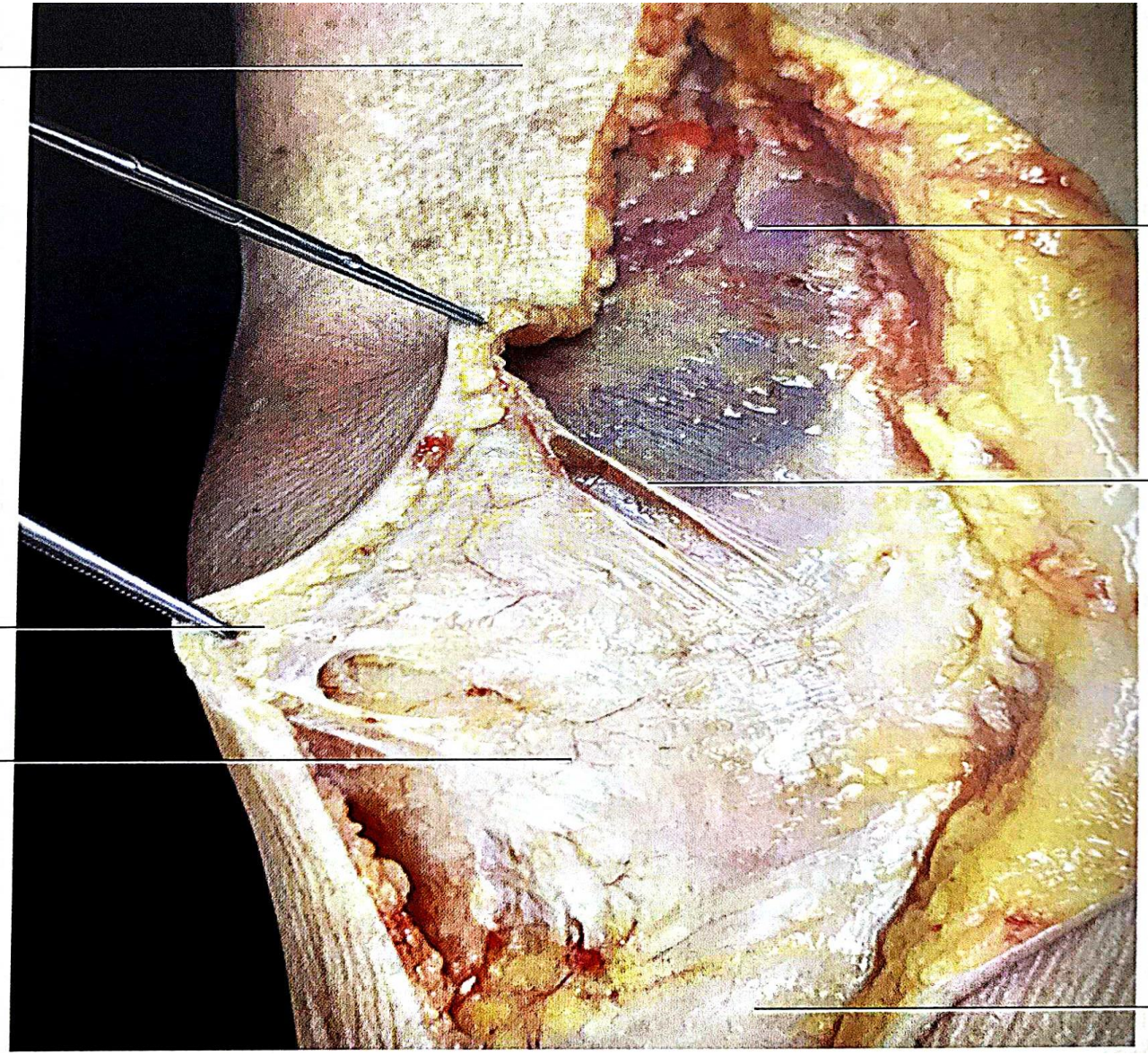
Fascia


Skin
Superficial adipose tissue
Superficial fascia
Deep adipose tissue
Deep fascia

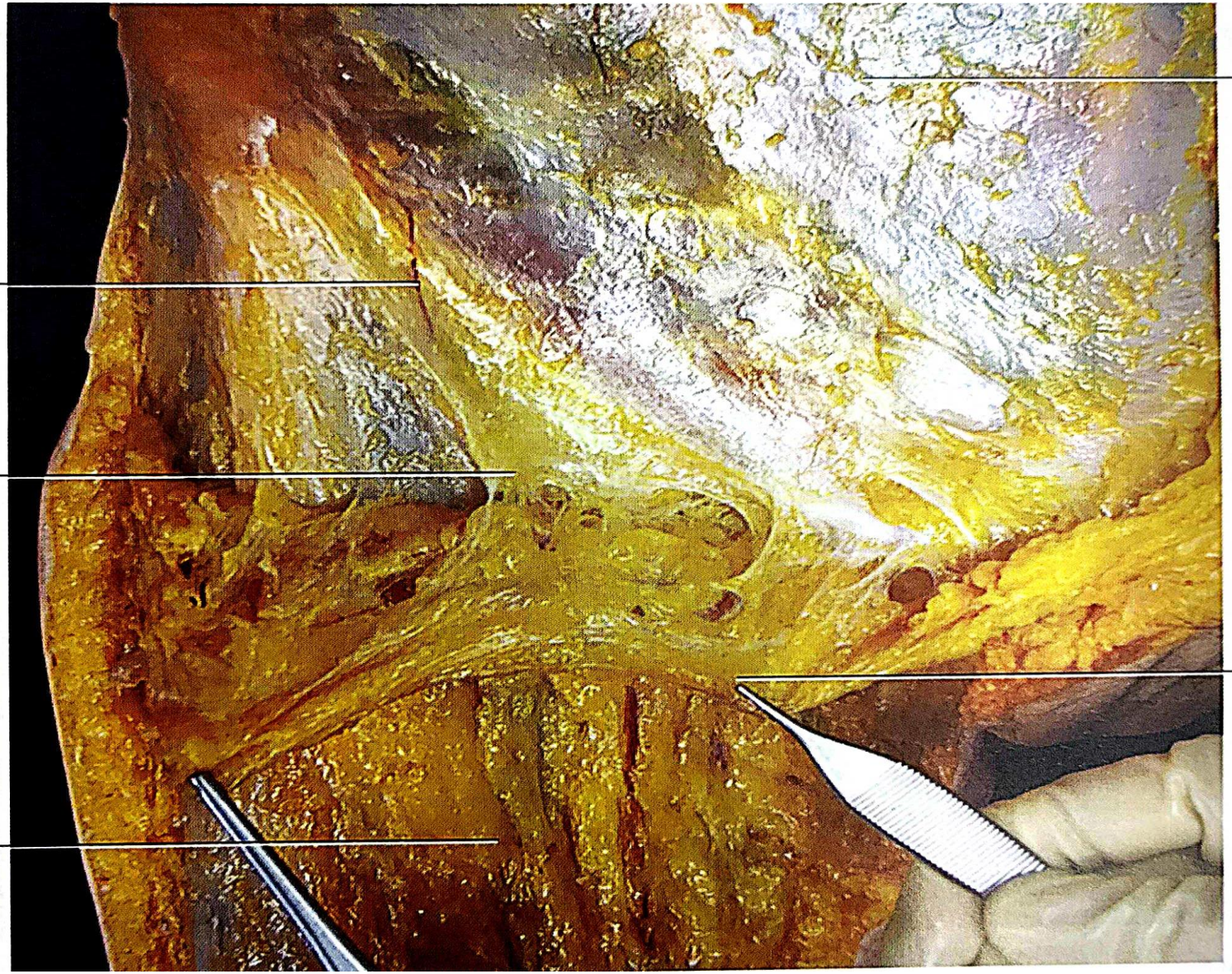
Fascia


Anterior tibial tuberosity
Crural fascia of the leg (deep fascia)
Septa of the deep adipose tissue
Superficial fascia of the leg lifted together with the skin
Oedema between the superficial and deep fascia

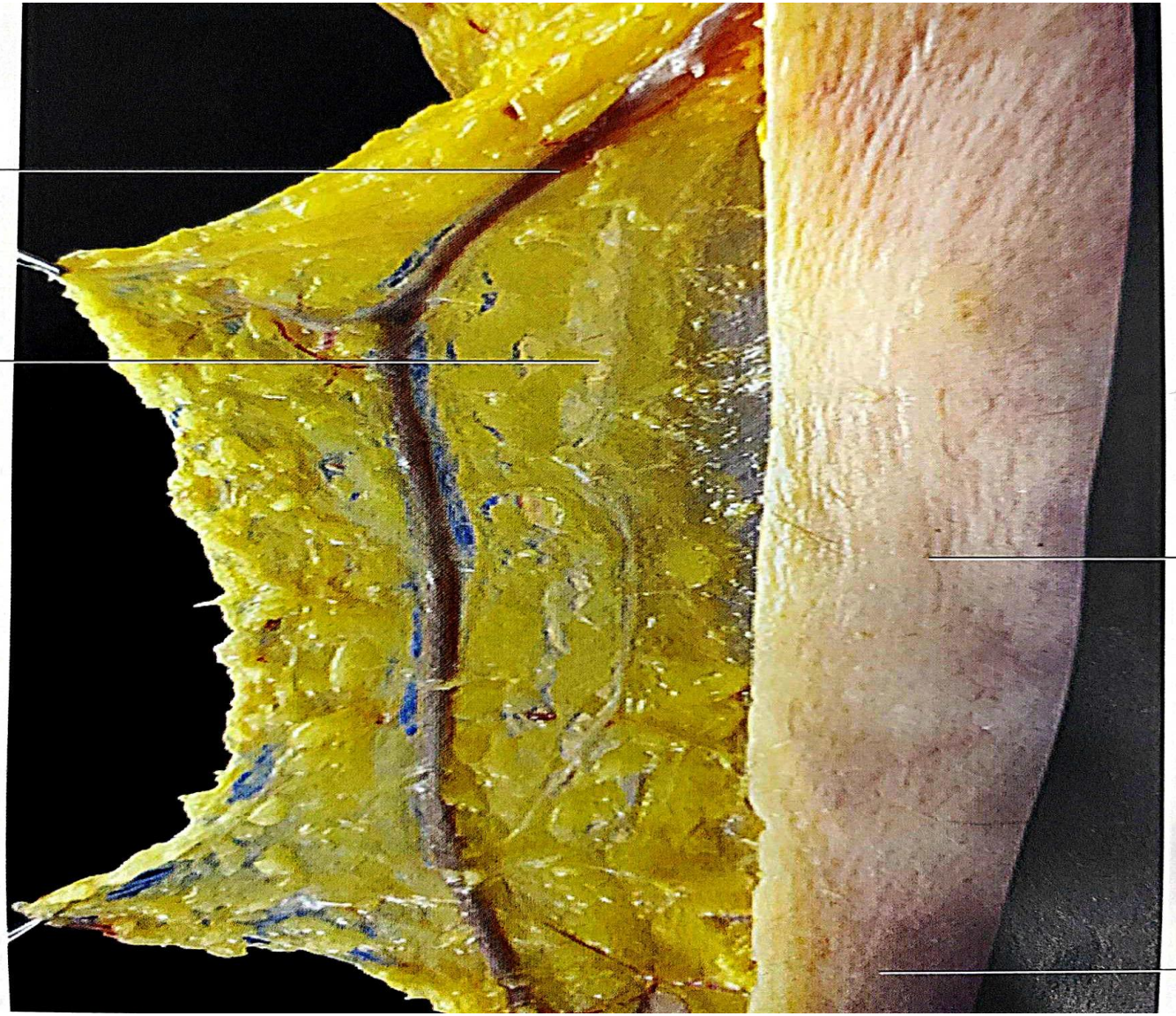
Fascia


Skin of the thigh
Deep fascia of the quadriceps muscle (fascia lata)
Retinacula cutis connecting the deep fascia with the superficial fascia
Skin with the superficial adipose tissue and superficial fascia lifted as a unique layer
Patella
Deep fascia of the leg (crural fascia)

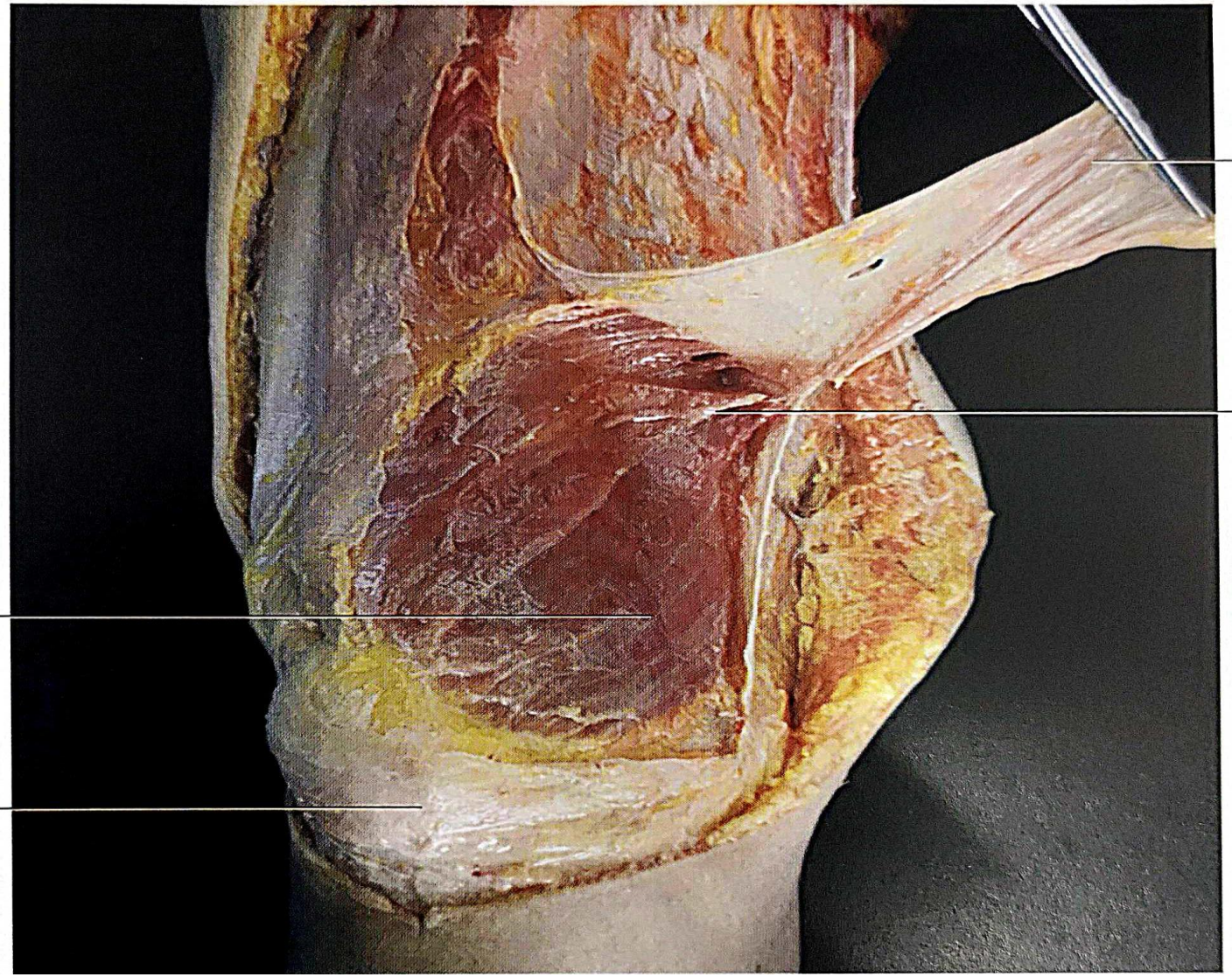
Fascia


Deep fascia of the abdomen
Inguinal ligament
Deep retinacula cutis connecting the superficial and deep fasciae
Superficial fascia with the deep adipose tissue lifted
Superficial adipose tissue of the thigh

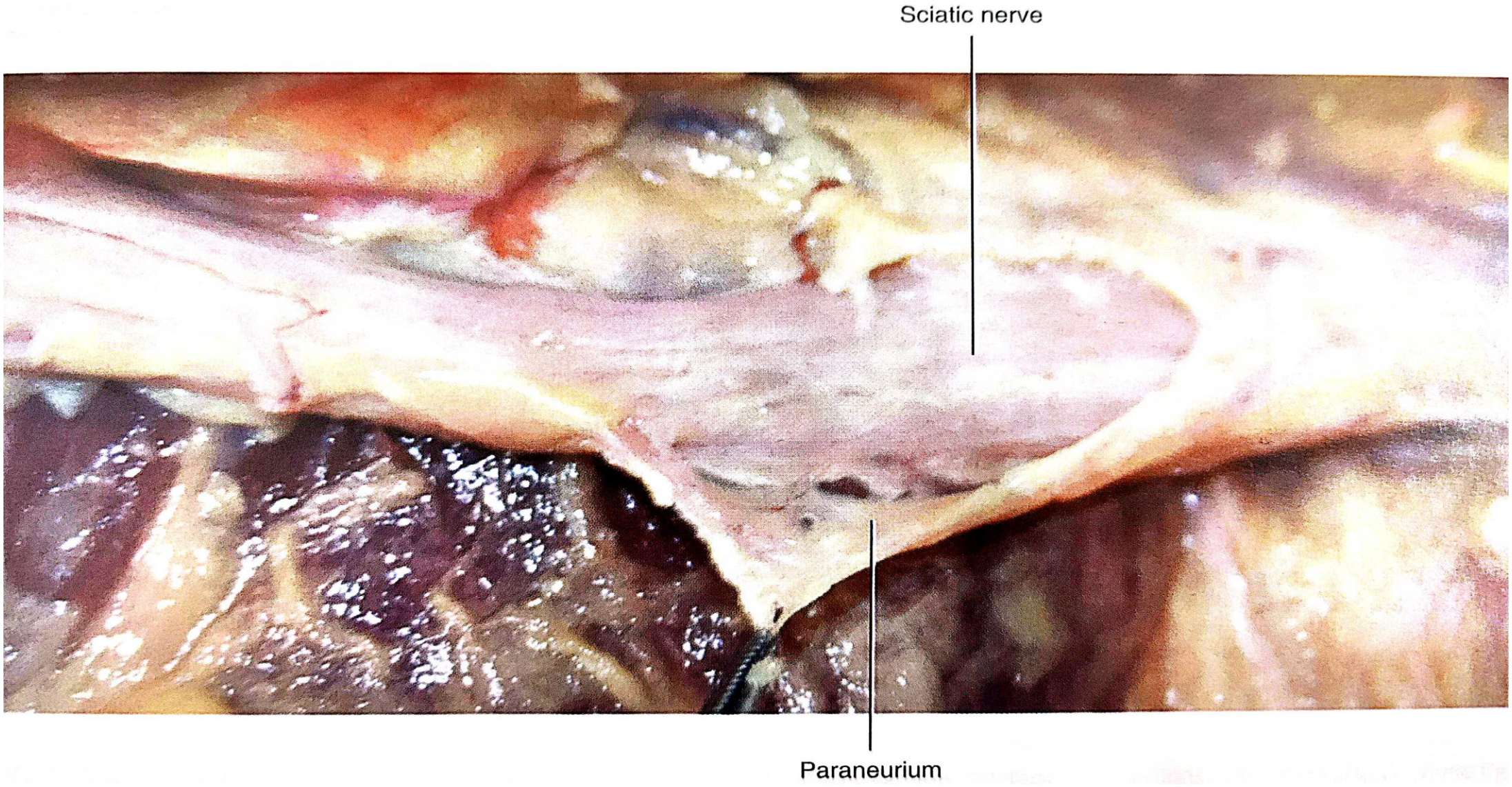
Fascia


Major saphenous vein
Superficial fascia of the leg
Skin
Ankle

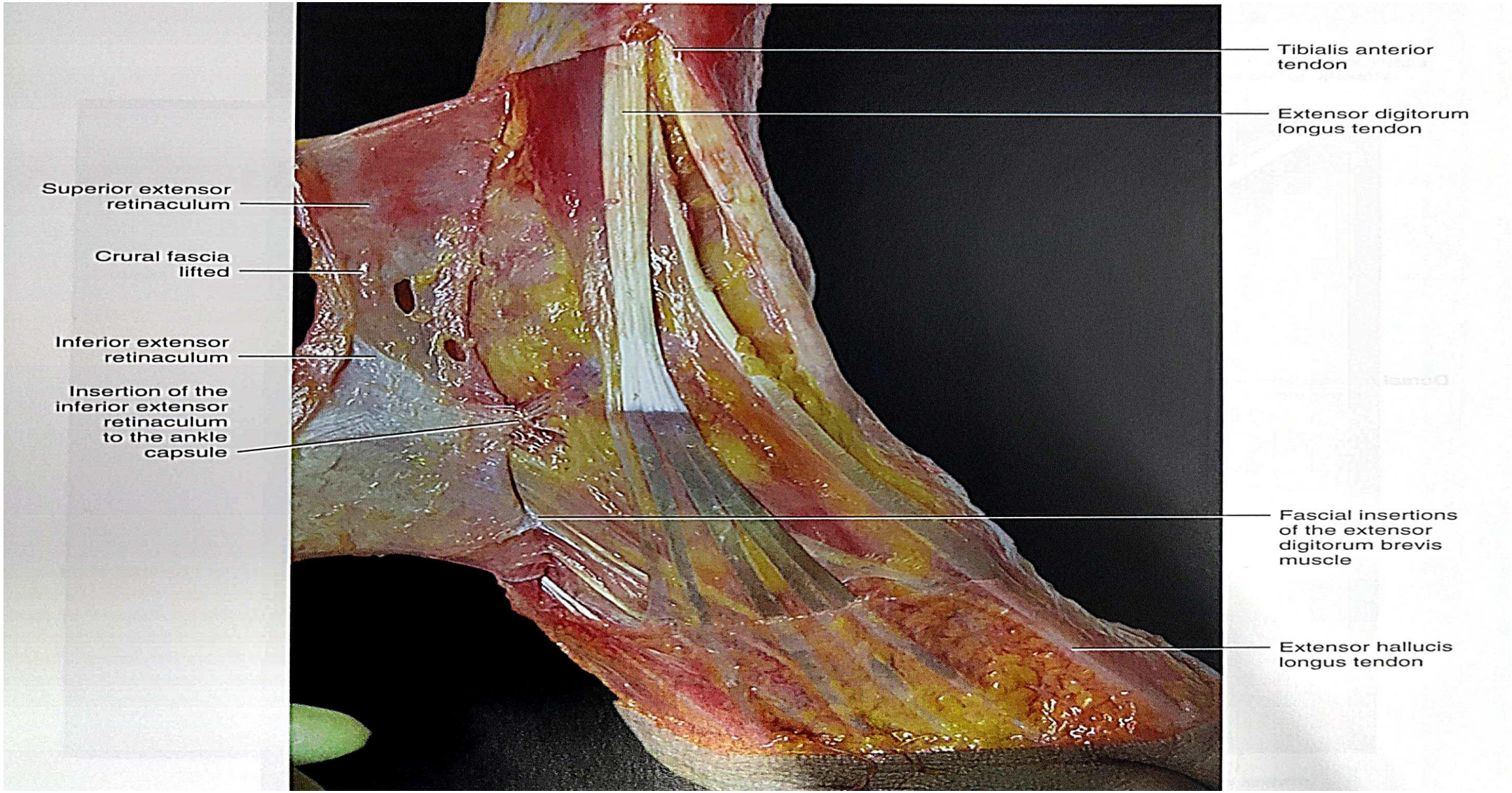
Fascia


Fascia lata
Muscular insertion of the vastus medialis into the fascia lata
Epimysial fascia of the quadriceps muscle
Aponeurotic fascia over the knee

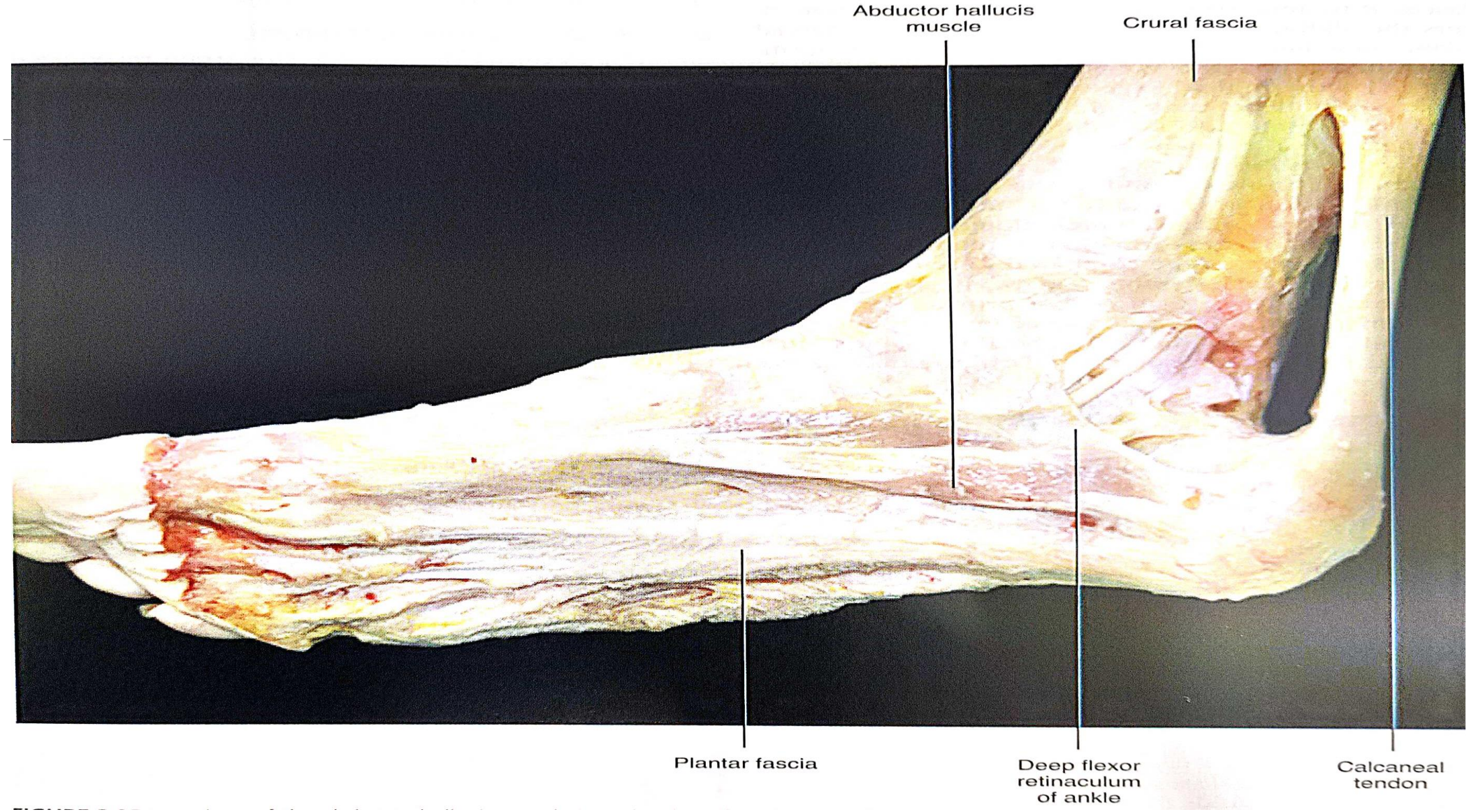
Fascia

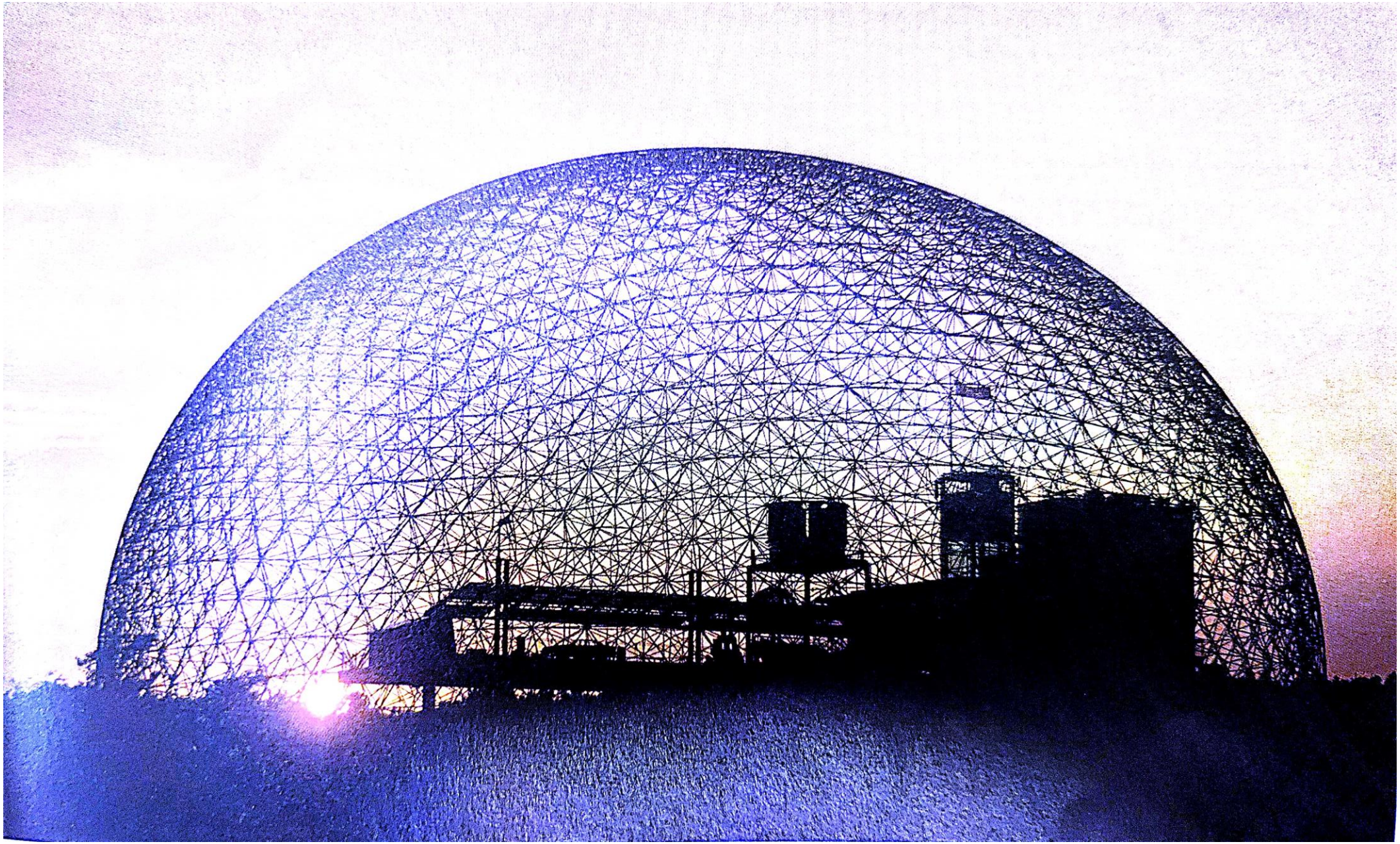


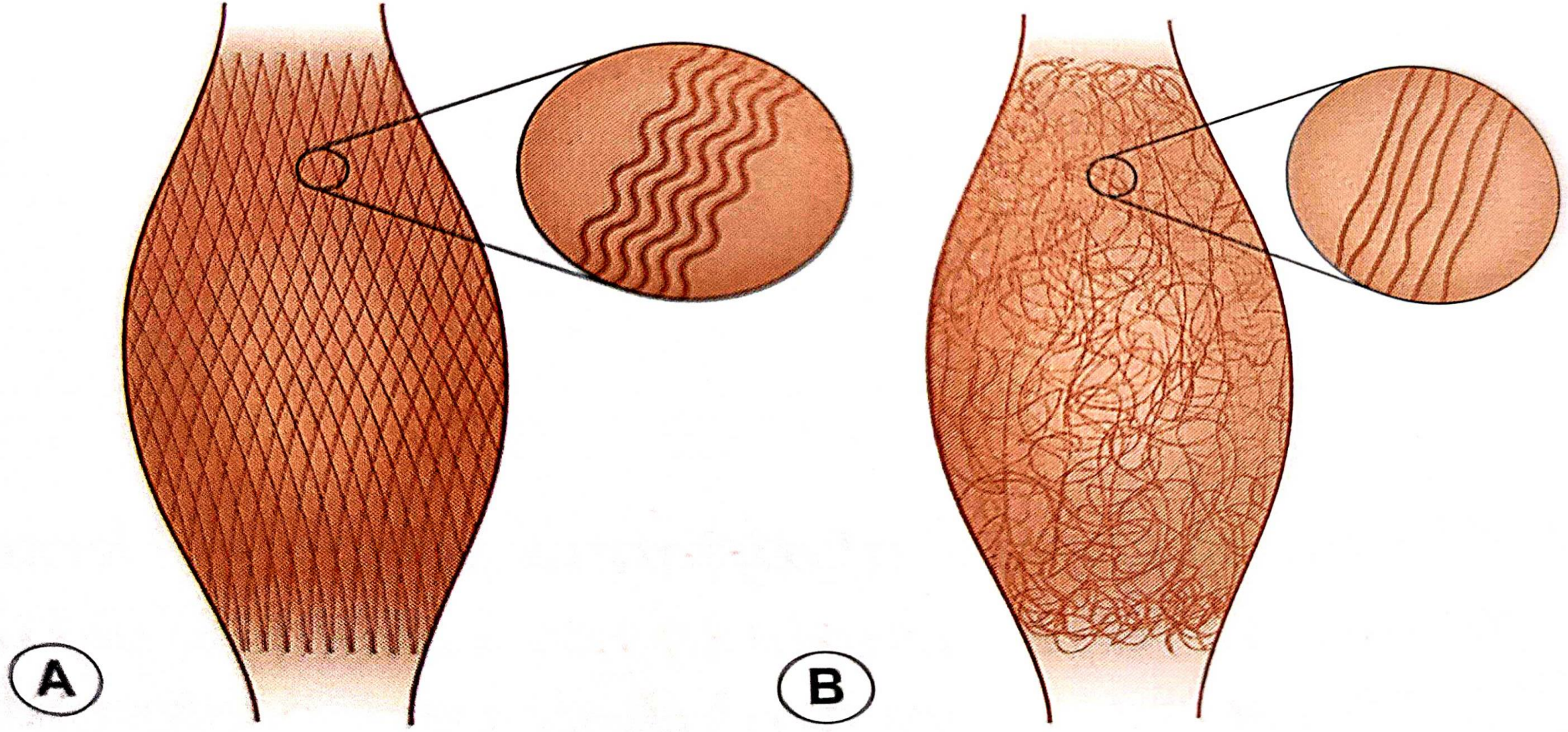
Fascia


Tibialis anterior tendon
Extensor digitorum longus tendon
Superior extensor retinaculum
Crural fascia lifted
Inferior extensor retinaculum
Insertion of the inferior extensor retinaculum to the ankle capsule
Fascial insertions of the extensor digitorum brevis muscle
Extensor hallucis longus tendon

Fascia


Abductor hallucis muscle
Crural fascia
Plantar fascia
Deep flexor retinaculum of ankle
Calcaneal tendon




A
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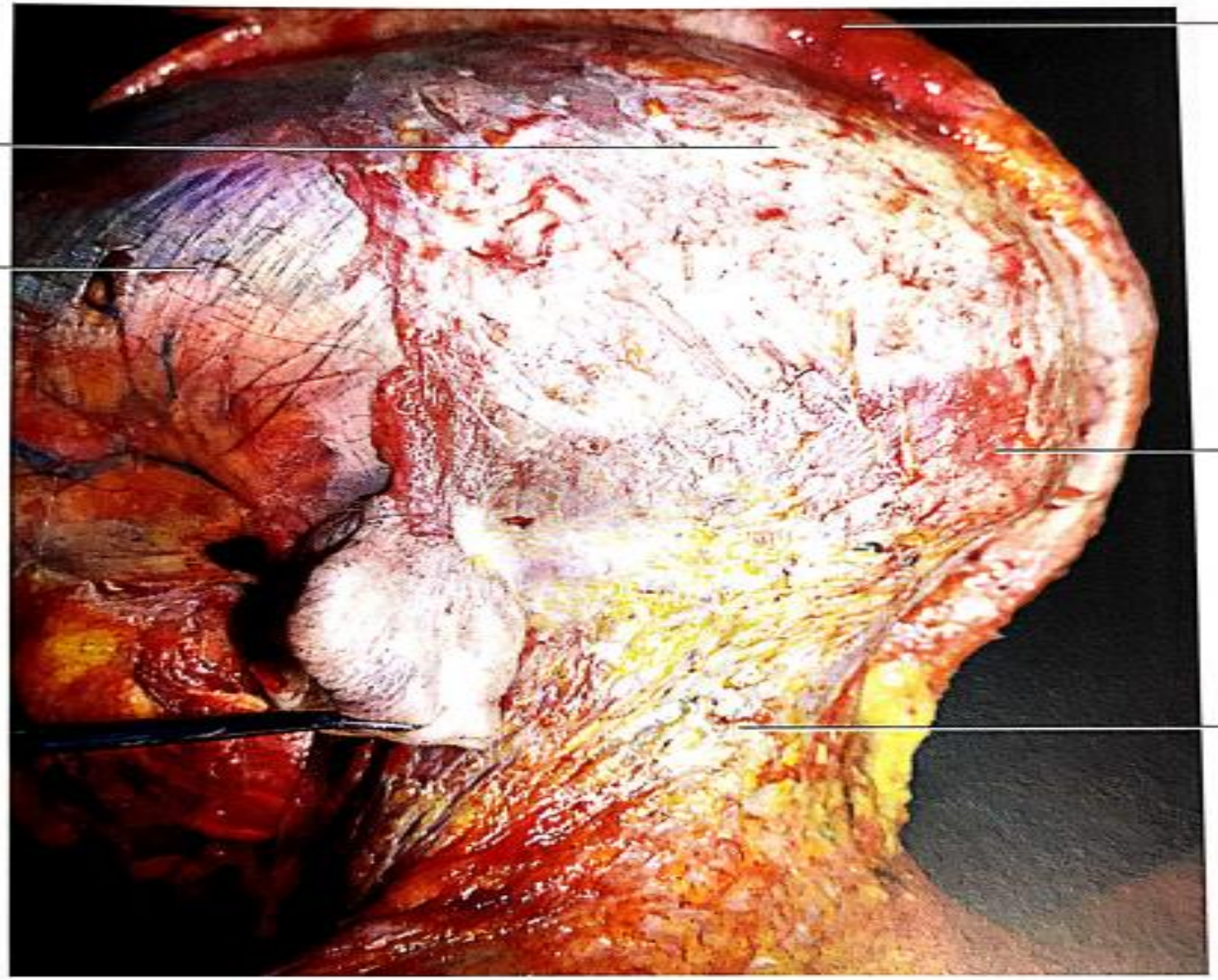
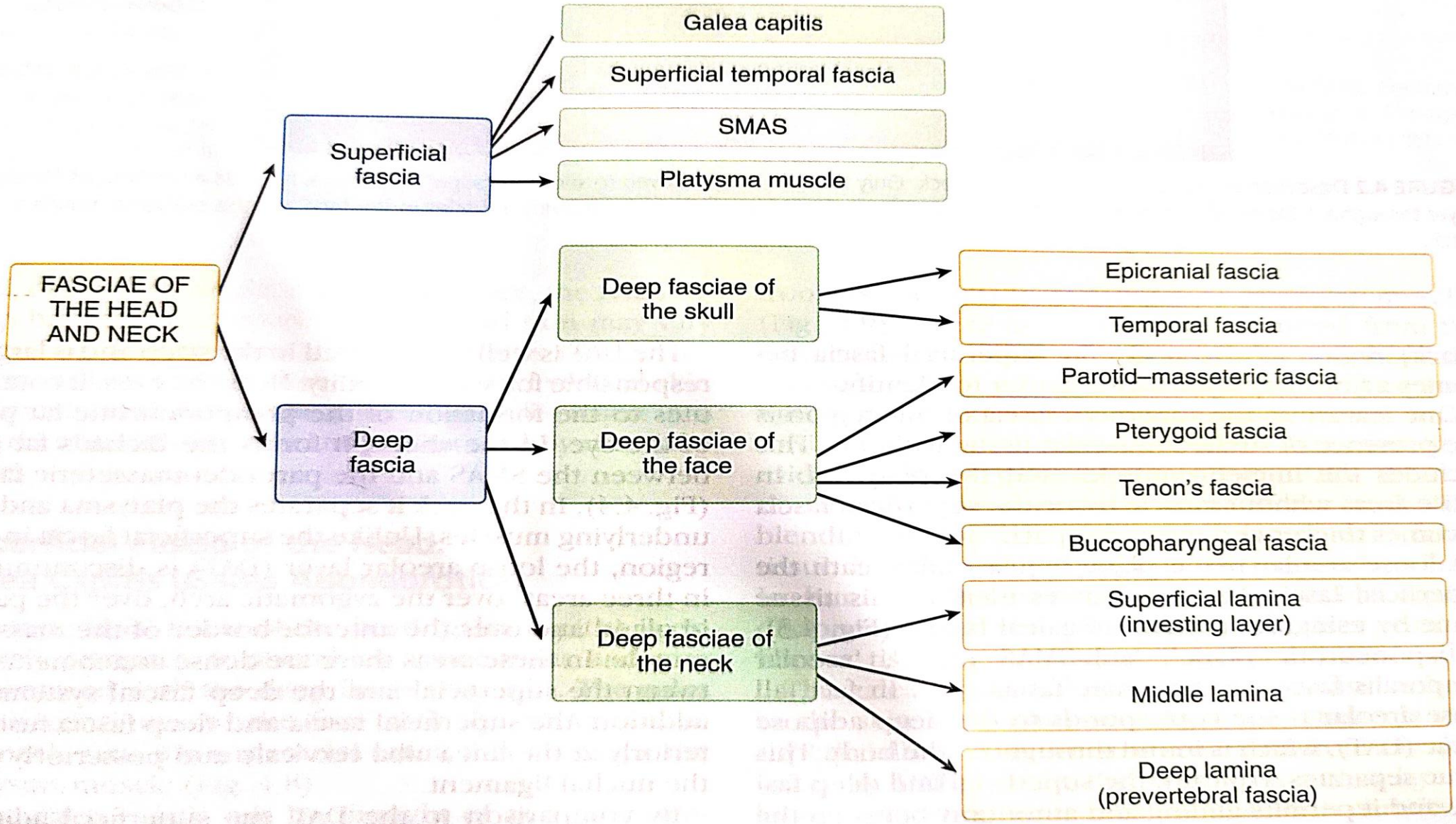

Skin lifted
Galea capitis
superficial fascia)
Deep temporal
fascia
Occipitalis muscle
Superficial fascia
of the nuchal
region


FASCIAE OF THE HEAD AND NECK
Superficial fascia
Galea capitis
Superficial temporal fascia
SMAS
Platysma muscle
Deep fascia
Deep fasciae of the skull
Epicranial fascia
Temporal fascia
Deep fasciae of the face
Parotid–masseteric fascia
Pterygoid fascia
Tenon's fascia
Buccopharyngeal fascia
Deep fasciae of the neck
Superficial lamina (investing layer)
Middle lamina
Deep lamina (prevertebral fascia)

Factors on which good fascia communication depend on

Mental State (Meditation)

Temperature (pranayama)

Body Movement (asan)

Lifestyle (Yogic)

Diet

Water

Fascia and Quality of Life

Self-esteemed, positive state of mind

Active and maintain kinetic energy

Hydrated Body = Healthy Body and Healthy Mind

Yogic Natural Lifestyle

Secret of longevity